

## Health & Fitness



Oliver Lim

Quick and easy: Alice waits for the UltraSonic mouthpiece to do its job

## Instant whiteness ... but it comes at a price

### THE FEELGOOD FACTOR

#### ULTRASONIC TOOTH WHITENING

##### What is it?

The latest and fastest method of whitening teeth, offered by top aesthetic dentists Druian & Spektor, creators of some of the most dazzling celebrity smiles around.

##### What does it claim to do?

Create whiter teeth more quickly, efficiently and painlessly than other methods. The system is popular in the United States, and Druian & Spektor is the first practice in the UK to get its hands on the machine.

##### Any science behind it?

All very straightforward. Power whitening usually involves painting the teeth with a 35 per cent hydrogen peroxide solution and using a laser-like light to activate the gel, releasing the oxygen which breaks down stain molecules.

The strength of the solution makes teeth sensitive for a couple of days and to blast teeth with light, lips have to be drawn up out of the way on huge cheek retractors. The UltraSonic system is far simpler and more efficient.

Bleaching gel is put into a couple of rubbery trays which are inserted in the mouth for 10 minutes at a time. Ultra-sonic sound waves are passed through the trays, which agitate the gel and cause far more oxygen to be

released from the peroxide gel, so a concentration of only five per cent is needed.

Two or three 10-minute bouts are needed to get the best result, plus a top-up a week later. Results should last for a couple of years.

##### What's it like?

Easy as pie. Biting onto the rubbery trays isn't too difficult and, thank goodness, the peroxide gel doesn't melt and dribble down the back of my throat (which is what tends to happen when you use a home-bleaching kit where you sleep with the trays in; inevitably you swallow some of the stuff, and it leaves your throat feeling scorched).

For two 10-minute bouts during which I imagine I can feel a faint fizzing and bubbling as the gel goes to work, I sit quietly and read gossip magazines, which is a lovely treat. It is utterly painless and the only eye-watering thing about UltraSonic treatment is the price.

My teeth, as monitored by the electronic shade scanner, are noticeably lighter (they have moved up a few notches on the whiteness chart to shade A1) and I'm advised to avoid food and drink that might stain them for the next couple of days (curry, red wine, coffee). Stand back now, I'm going to smile.

##### Where to go

Druian & Spektor, 93 Haverstock Hill, NW3 (020 7722 1235; [www.whiterteeth.co.uk](http://www.whiterteeth.co.uk)). UltraSonic tooth whitening: £775.

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